



# NEXT LEVEL

## SESSION 2 - AUTHENTICITY

### SERIES BIG IDEA

Next Level friendships help us grow in our relationship with God.

### MESSAGE BIG IDEA

Next Level friendships deepen with authenticity.

### SCRIPTURE

1 Samuel 18:1, Ephesians 4:16, Galatians 6:2

### ICEBREAKER & OPENING THOUGHT

1. Who was your best friend when you were growing up? What made them your best friend?
2. If we are going to take our relationships to the next level, we have to learn to be authentic and vulnerable with one another. What do you think it takes to practice both of those in relationships?

### BIBLE DISCUSSION

3. Read 1 Samuel 18:1, Ephesians 4:16, and Galatians 6:2. In what ways are friendship and community characterized in these passages?
4. What is the difference between being authentic and vulnerable and over-sharing? How can we make sure to practice authenticity well?

### LIFE APPLICATION

5. “Authenticity is a collection of choices that we have to make every day. It’s about the choice to show up and be real. The choice to be honest. The choice to let our true selves be seen.” –Brené Brown, *The Gifts of Imperfection*. What do you think about this definition?
6. Sometimes we aren’t authentic because we are too busy people-pleasing to be ourselves, or we are constantly comparing ourselves to others, or our drive for perfectionism keeps us closed off, or our workaholicism keeps us from connecting with anyone at all. Which of these four tendencies is the greatest barrier to authenticity for you?
7. Which of these three would you like to practice more authentically? 1. Being authentic with our words when we are with others, 2. being authentic with our emotions and learning to share how we feel, or 3. acting in ways that are consistent with our values.

### CHALLENGE

What is one thing you can choose to do in the next week to take a step toward a more authentic friendship? Discuss possible steps you can take towards authenticity with your group. Take time to pray with one another - Ask God to break down those barriers and provide opportunities for you to deepen your friendships.